



A Biblical Prayer To Pray When We Are “Out of Gas”

Ephesians 3:14-19: For this reason, *I bow my knees before the Father, ¹⁵ from whom every family in heaven and on earth is named, ¹⁶ that according to the riches of his glory he may grant you to be strengthened with power through his Spirit in your inner being, ¹⁷ so that Christ may dwell in your hearts through faith—that you, being rooted and grounded in love, ¹⁸ may have the strength to comprehend with all the saints what is the breadth and length and height and depth, ¹⁹ and to know the love of Christ that surpasses knowledge, that you may be filled with all the fullness of God.*

Now read it again in The Message.

My response is to get down on my knees before the Father, this magnificent Father who parcels out all heaven and earth. I ask him to strengthen you by his Spirit—not a brute strength but a glorious inner strength—that Christ will live in you as you open the door and invite him in. And I ask him that with both feet planted firmly on love, you’ll be able to take in with all followers of Jesus the extravagant dimensions of Christ’s love. Reach out and experience the breadth! Test its length! Plumb the depths! Rise to the heights! Live full lives, full in the fullness of God.

Paul’s prayer identifies the location where we need God’s strength is in our “inner being.” (v16) This phrase means our “hearts.” The heart in Scripture is in the center of our being. The heart is where our thoughts, feelings, motives, and choices flow from within. The heart that is separated from Christ is sinful and selfish.

Read the following verses and identify where you have seen the old, sinful heart actively in operation in your own life.

- Jeremiah 17:9-10
- Mark 7:20-23

By contrast, read these verses that both predict and describe the new heart that God gives us when we receive Christ as our Savior.

- Ezekiel 36:22-27
- Jeremiah 31:31-34
- Hebrews 8:8-12 (= Jer. 31 fulfilled in Christ)

The source of God’s spiritual strength prayed for in Ephesians 3 is the Holy Spirit. Read these verses and make note of all the ways the Spirit manifests God’s strength in our lives.

Where do you see God’s Spirit at work in your life?

Where is there a need for growth?

- John 14:15-17
- John 14:25-26
- John 16:4-15
- Acts 1:8
- Ephesians 5:18
- Galatians 5:16-26

Prayer:

Lord Jesus, I am desperate to know and experience the spiritual strengthening that comes to me through your Holy Spirit. I know that I have all the Holy Spirit, but the Spirit doesn’t yet have all of me. So I come humbly before You praying “Lord, fill me up, take control of my life, strengthen me with your power & love.” AMEN!